

## VOCAL HEALTH TIPS – Catherine Fitzmaurice

Bring to every voice class: sweats, sweatshirt, socks, water

Drink plenty of water.

Limit (better to discontinue) coffee, caffeine, alcohol, dairy and sugars (check labels for sugars such as corn syrup etc.) Take multivitamin, or at least Vitamin C, preferably with zinc, daily.

If you have cold or flu symptoms: take Echinacea, golden seal and 1000 vitamin C 3x daily, 2 tablets of each. When you feel better cut back to 1 tablet each of the Echinacea and golden seal and 1--- units of vitamin C 3x a day. Then one tablet of each once per day.

Gargle with raw apple cider vinegar – cheap and available in most health food stores. It is important that it is raw. Haim's is good. You can also ingest it – 4 tablespoons water to one-tablespoon vinegar. It is also great for steaming. You can also gargle with salt, but don't ingest it.

Chicken soup with chicken fat contains natural penicillin.

Chewing a clove will relieve a sore throat and numb it slightly.

Cayenne pepper, lemon and water makes a good cleansing tea.

Garlic, especially raw, is a natural antibiotic and the best blood cleanser.

Ginger

Colloidal silver drops

Various useful teas – slippery elm, golden seal, peppermint, green tea, licorice root.

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If in trouble vocally:

Do not smoke anything. You will COOK your vocal cords and mess up your lungs. If you can, avoid smoky places.

Do not eat:

- Dairy of all kinds (replace with soy or rice milk)
- Sugar
- Coffee
- Chocolate
- Citrus (very acidic, try apple juice instead) or tomatoes
- Fats, including peanut butter (olive, canola, flax seed and cod liver oils are good)
- Red wine
- Red meat
- White bread especially, but limit carbohydrates as much as possible
- Salt

Do eat:

Cleaning vegetables for Bieler soup, boil (not too much) and blend the first four (you can season with garlic and cayenne or ginger):

Zucchini  
Green beans  
Celery  
Parsley  
Asparagus  
Beets

Also good to eat:

- Broccoli
- Squash
- Roots
- Onions
- Chicken, boiled eggs (without the yolk if you want less fat), fish,
- Rice and other grains (stay off wheat, eat rye bread, rice, millet. Eat cereal with apple juice, oatmeal
- Bananas, all non-acidic fruit (eg citrus) apples, blueberries, and cranberries.

## VOCAL HEALTH TIPS – Catherine Fitzmaurice (3)

### Drink:

LOTS of water

Hot black tea and the herb teas listed above with honey if you must

### Best Antibiotics:

- Echinacea, golden seal
- Standard process pills – Allerplex, Immuplex (available at Wilners 41<sup>st</sup>/Park in NYC)
- Garlic (raw or pills)
- Ginger
- Cayenne pepper
- Vitamin C (in a pill, apple juice, grape juice) (C pill with zinc)
- Colloidal silver drops

Speaking and eating use many of the same parts of the body. Many articulation problems are tensions around the alimentary function (feeding), not breathing or self- expressions tensions. Chew, suck (your thumb) spit, gag, swallow, lick bit, smack lips – these are good articulator warm-ups, especially when you hum or make repetitive buzzing consonants together with them feel pleasure in the vibrations, actions and rhythms contacts. Palm massage, move gently stretch all the neck and facial muscles. Keep the neck warm. Keep the whole body warm but not sweaty. Tremoring is ok to keep yourself energized unless you have a fever. Its good to sweat with a fever but don't get chilled in damp clothes or bedclothes. Rest. BREATHE! Do warm up (gently) if you are still using your voice. Don't freeze up. Humidifiers or a pot of water boiling and steam inhaling (not TOO hot) are good. Sip hot tea. Don't speak in crowds or smoky places. Don't speak. Don't whisper. Coughing is good for the lungs but not good for the glottis.

